



DEPARTMENT OF THE ARMY  
HEADQUARTERS, JOINT READINESS TRAINING CENTER AND FORT POLK  
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FORT POLK, LOUISIANA 71459-5339

REPLY TO  
ATTENTION OF:

AFZX-CSM

JAN 05 2010

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Command Policy Memorandum CSM-02 – Physical Training

1. Purpose: This memorandum establishes the physical training (PT) policy for all Joint Readiness Training Center (JRTC) and Fort Polk units. Physical fitness is an organizational imperative, not a personal choice. Soldiers owe it to their comrades to meet the strength and endurance requirements specific to their MOS and duty position, whether assigned to deployable or TDA organizations. Commanders and leaders must ensure all Soldiers maintain the highest level of physical fitness and are prepared for the physical demands of combat. Physical training is the only thing we do every day that directly relates to our wartime mission—we owe it to our Soldiers to get it right.

2. General: Commanders must ensure Soldiers are prepared for the rigors of combat. To assist Commanders, the Army is now implementing the Comprehensive Soldier Fitness (CSF) program. Physical fitness is the one element of CSF that leaders can immediately influence. We know that when we put our junior leaders in charge, properly resource them and hold them accountable, they and their Soldiers perform superbly and produce positive results. Therefore, and in keeping with the CSA's recent guidance on leader development, I encourage MSC commanders to give their subordinate leaders the widest possible latitude for the execution of well-planned and supervised physical fitness training programs. Unit physical training programs must challenge Soldiers and instill healthy practices.

3. Overall physical training guidance:

a. Units will conduct physical training five (5) days a week, between 0630 and 0730 or until the training objectives are achieved. As approved by the first LTC in the chain of command, units whose mission necessitates early completion of physical fitness training may begin their training hour at 0600. Use all the resources at your disposal—both indoor and outdoor—to develop an effective program giving consideration to both variety and recovery. "A poorly designed and executed physical fitness program hurts morale. A good program is well planned and organized, has reasonable yet challenging requirements, and is competitive and progressive." (FM 21-20)

b. The uniform for physical training consists of portions of the summer or winter Army Physical Fitness Uniform: long or short sleeve t-shirt, shorts, jacket, pants, hats/gloves, and reflective belt. Commanders will determine the correct uniform for all members of their

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organization based on weather conditions and the training event for the day. Organizational physical training shirts may be worn for company level physical training events as approved by the battalion commander/CSM. All Soldiers not on leave or pass are required to wear the IPFU while conducting PT on the installation or in the gym during the prescribed PT hour. Appropriate civilian attire in good taste is authorized at all other times.

c. All company commanders, first sergeants, staff officers and staff NCOs will participate in physical training with their assigned or attached unit. Commanders and Command Sergeants Major (BN and higher), senior staff officers (MAJ and above), and SGMs are authorized to do individual PT. Senior leaders must be visible and active participants in physical training programs. Your example will emphasize the importance of physical training.

d. All pregnant Soldiers will participate in the Pregnancy & Postpartum Physical Fitness Training Program (PPPT). PPPT is conducted Monday - Friday at Wheelock gym under the direction of the installation's Instructor Trainer. This is the place of duty for physical training for all pregnant Soldiers through postpartum.

e. Unit commanders have the authority to modify or cancel unit PT during inclement weather IAW the MSC and battalion commander's standing guidance.

#### 4. Conduct of unit physical training:

a. Running: Units will run in company, platoon, squad/section, or ability group formations. Unit formations running on the one-ways will be no wider than three columns abreast and will remain right of the center line to include the cadence caller. LA-10, LA-467, Louisiana Avenue, Chaffee Road, and Georgia Ave from Bell Richard to Louisiana Ave are off-limits for individual running and unit formations; Entrance Road and K Avenue on North Fort are off-limits to formations.

b. Battle Focused PT: Commanders must ensure emphasis remains on physical fitness and activities which support the unit's METL. Examples include foot marches, HMMWV pulls, litter carries, obstacle courses, etc. Guidance for conducting foot marches:

(1) Units will march on the shoulders of the road and stay off hard surfaces. Individual/small team foot marchers will march facing the flow of traffic.

(2) All foot march formations outside the one-ways will have road guards. Road guards will lead formations by 50 meters and trail formations by 100 meters. During hours of limited visibility, all road guards will carry white flashlights, colored chem-lights, or other active means of long-distance identification.

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(3) The foot march uniform will normally include all or portions of the Army Combat Uniform, boots, tactical vest, weapon, rucksack, and Army Combat Helmet. Unit METL will dictate any additional equipment. Conditioning foot marches can be conducted in IPFU with boots and rucksack at the commander's discretion. All uniforms will include reflective belts attached to the outside of the rucksack in a uniform manner. While in formation, all Soldiers will be in the same uniform.

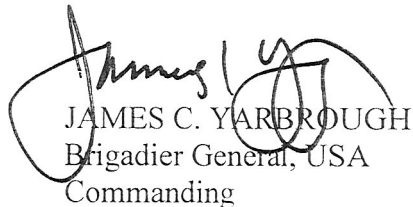
c. Combatives: MSCs must have a Level 3-certified trainer who will certify all combatives training events prior to execution to ensure compliance with applicable policies & regulations.

d. Organized Sports: Competitive activities and sports events that require an appropriate level of physical exertion have the potential to add variety to well-planned physical training programs and increase morale. Brigade commanders are the approval authority for these events. Risk assessments for each event will be conducted and approved by the first LTC in the chain of command.

e. Special Fitness Training: Special fitness training programs target Soldiers who have failed the APFT, failed to meet fitness standards that are integral to a unit's METL, or are in the overweight program. Unit special fitness training programs will be conducted in accordance with FM 21-20 and AR 350-15.

f. Profiles: Unit CDRs/1SGs will identify leaders to conduct the profile PT; Soldiers with profiles will not conduct physical training without oversight.

5. The exception authority for this policy is the Installation Command Sergeant Major. This policy will remain in effect until superseded or rescinded.



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Commanding

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